

SAFETY

The leading causes of accidental deaths are:

- 1. Failure to identify hazards**
- 2. Underestimating personal**
- 3. Overestimating personal ability**



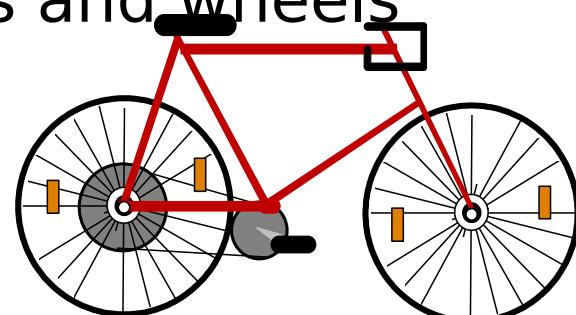
AUTOMATIC TELLER MACHINE (ATM) SAFETY

- Choose ATM carefully - assess hazards before use
- Minimize time at ATM
 - Prepare transactions in advance
 - Leave without counting money
- Take a companion along when using the ATM
- Keep doors locked & unused windows closed at drive up
- If suspicious - immediately cancel transaction & leave
- If followed go to a crowded, well-lighted area - call police
- Treat your ATM card and receipts as cash



BICYCLE RIDING SAFETY EQUIPMENT

- **Bicycle Helmet** - Approved by the American National Standards Institute or SNELL Memorial Foundation
- **Reflectorized material** - On helmet and body
- **Bicycle reflectors** - On pedals and wheels
- **Bicycle lights** - Front and rear



SNAKE BITE

- **Prevention:**

- Avoid habitat:

- > Fence rows > Bush
 - > Wet areas > Rubbish piles

- Wear protective clothing

- **If bitten:**

- Immediately evacuate victim to medical facility
 - Make victim comfortable - counter shock
 - Do not attempt other first aid
 - Carefully kill and transport snake to medical facility

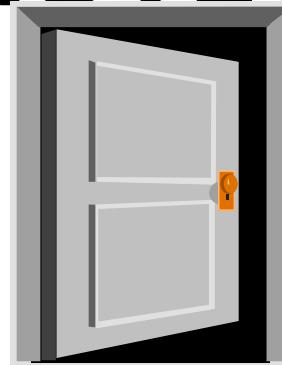


EARTHQUAKE PROTECTION

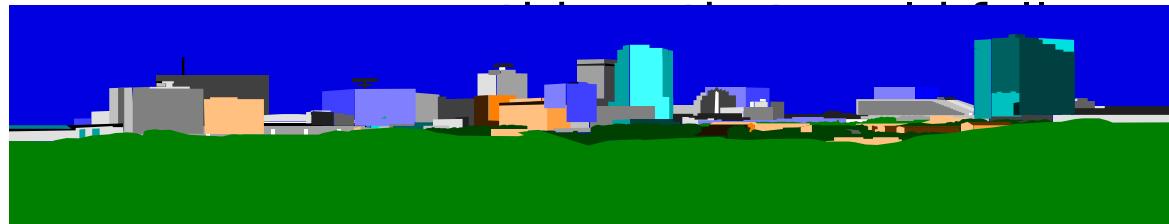
DURING:

indoors:

- Get against an inside wall archway
- Get under sturdy table or desk
- Get against a supported
- Avoid glass, fireplaces, and



you



OUTSIDE:

- Get into open, away from trees, buildings & trees
- If driving - pull to side, stay away from potential falling objects, and stay in your car

CARBON MONOXIDE

An odorless, tasteless gas

“A SILENT KILLER”

- Generated by incomplete combustion
 - A threat in the home and car
 - Can kill in 5 minutes
 - Symptoms: Fatigue, nausea, dizziness & headaches
 - Poisoning is cumulative

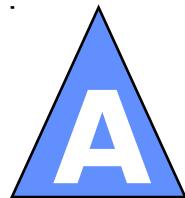
PREVENTION:

- Keep auto exhaust system in good repair
- Use well maintained and vented heating and cooking devices
- Ventilate car, keep exhaust clear of snow, and limit engine use if

FIRE EXTINGUISHER QUIZ

Extinguishe
r type

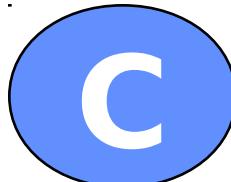
QUIZ Fires



_____ Energized electrical equipment



_____ Ordinary combustible



_____ Flammable liquids

HOME FIRE SAFETY

- **SPACE HEATERS:**

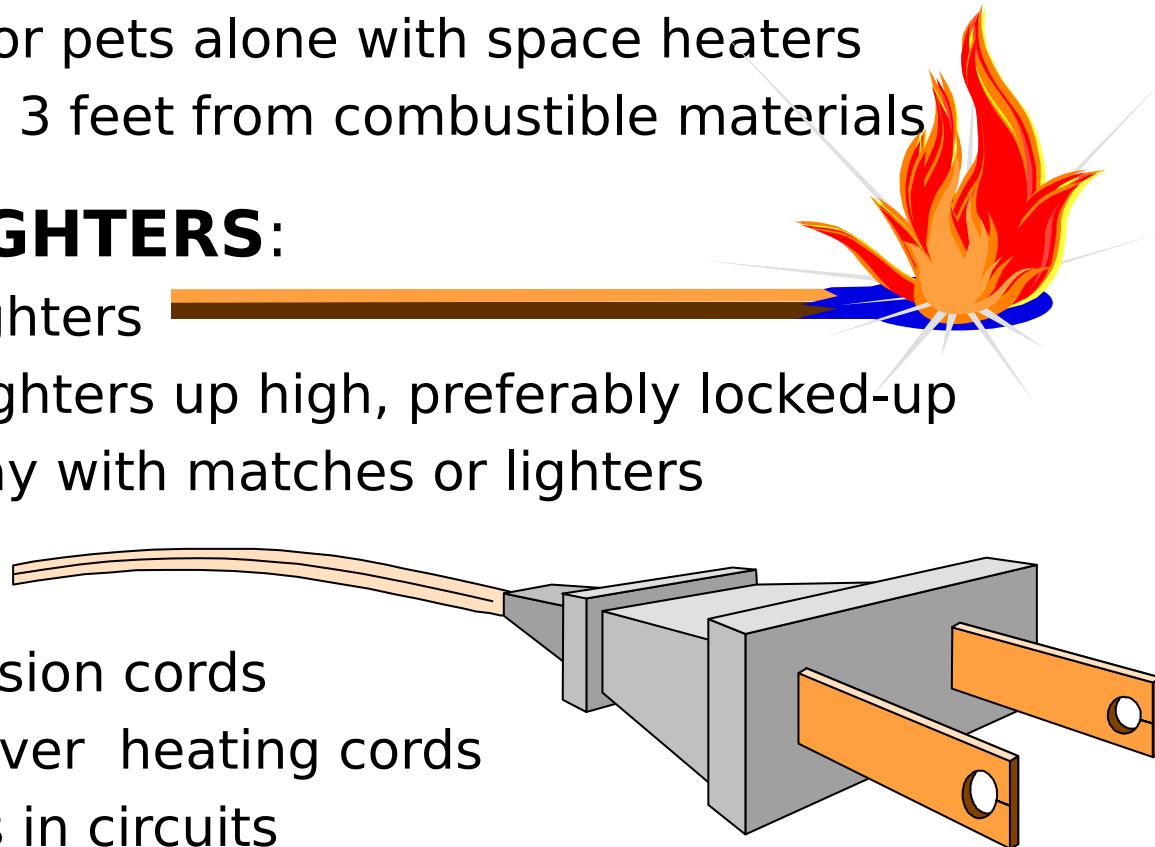
- Never leave space heaters unattended
- Don't leave children or pets alone with space heaters
- Keep heaters at least 3 feet from combustible materials

- **MATCHES AND LIGHTERS:**

- Use child resistant lighters
- Store matches and lighters up high, preferably locked-up
- Never let children play with matches or lighters

- **ELECTRICITY:**

- Don't overload extension cords
- Check for frayed or over heating cords
- Use proper size fuses in circuits



HOME FIRE SURVIVAL

If your residence is on fire:

-First priority - evacuate personnel

-Don't waste time.

- Getting dressed or looking for valuables
- Calling the fire department from inside a burning building

-When alerted by fire alarm:

- Stay low to the floor & check doors for heat before opening
- Be prepared to take alternate measures

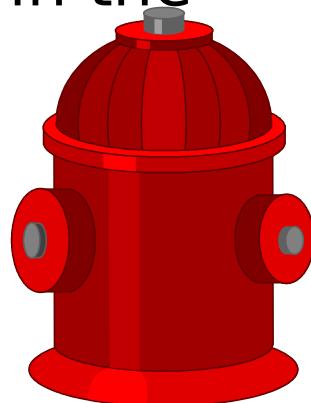
-Remember:

- Carbon monoxide & poisonous gases kill just as do smoke, heat & flames
- Educate your family on home fire evacuation procedures
- Practice home fire drills



FIRE SAFETY

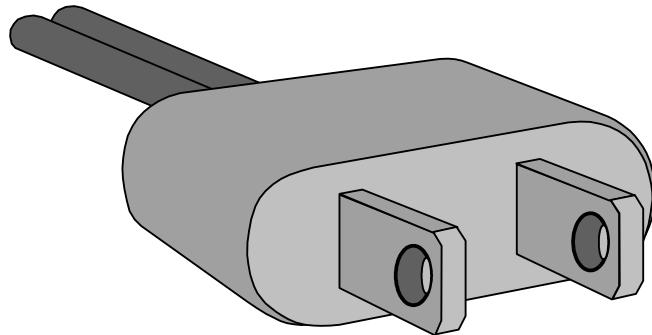
- Never leave small children alone in the home
- Post emergency numbers near every phone in the house
- Clean out storage areas
- Do not overload extension cords
- Use extension cords only as a temporary fix
- Never use or store highly flammable liquids in the house
- Put smoke detectors on every level of the house
- While awaiting final disposition use metal containers to store rags soaked in flammable liquids



FIRE PREVENTION/SAFETY FOCUSES

- **AT WORK**

- Marking and storage of flammables
- Extension cords, general electrical system and appliances
- Housekeeping - orderly equipment storage
- Marked, serviceable and properly stored fire fighting equipment
- Space heater maintenance and use



- **AT HOME** - All of the above plus

- Operational smoke protectors
- Family fire prevention training
- Establish and practice home evacuation procedures

HOME HEATING SAFETY

PRIMARY THREATS:

SPACE HEATERS

- Position where stable and not easily tipped
- Never leave unattended
- Inspect for serviceability before using
- Maintain 3 feet of clearance to flammable items

CARBON MONOXIDE POISONING

- Colorless, odorless gas - cumulative effect
- Caused by incomplete combustion of fuel
- Fixes - CO₂ detector - heater maintenance

FIREPLACES

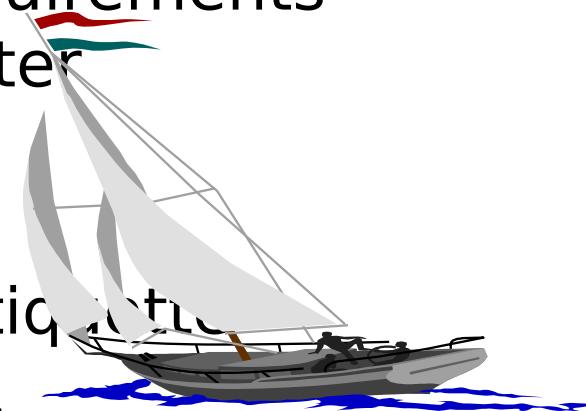
- Inspect and repair
- Use proper fuel - never use liquid fuels
- Keep flammable objects at least 3 feet away



BOATING

SAFETY

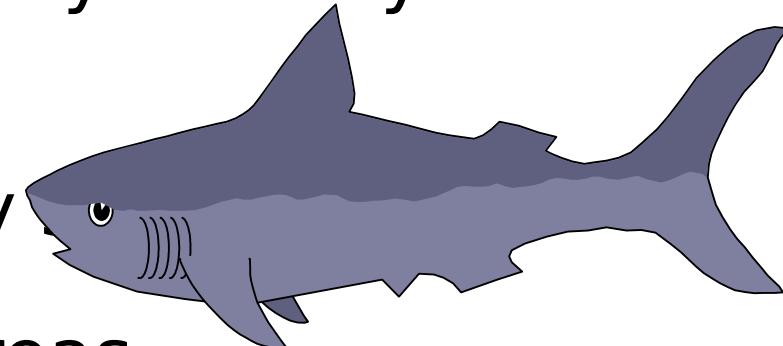
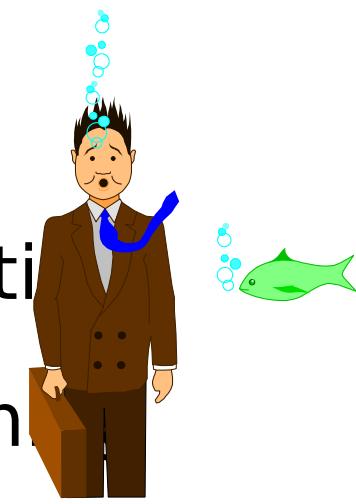
- Always check for leaks before leaving dock
- Ensure everyone onboard is equipped with a Coast Guard approved life preserver
- Check local and state licensing requirements before putting your boat into the water
- Do not over load the boat
- Learn and use boating rules and etiquette
- Check weather forecast and watch for approaching storms
- Stay sober and drug free while operating or riding in a boat



SWIMMING

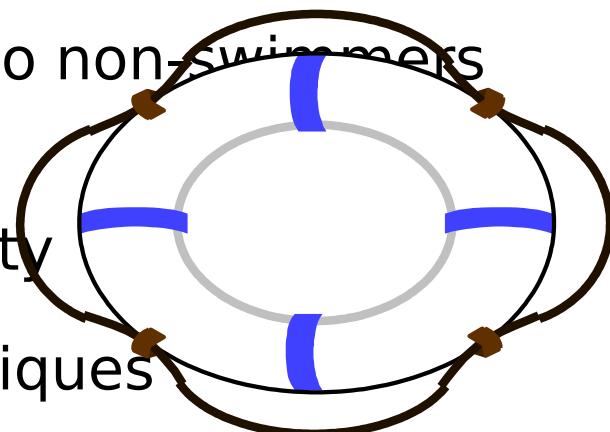
SAFETY

- Always use the “buddy system”
- Never swim immediately after eating
- Never drink alcohol before swimming
- Know your abilities and stay within your limits
- Don’t panic in emergency
- Swim only in approved areas



SWIMMING SAFETY

- Swim only in authorized areas where a lifeguard is on duty
- Always use a buddy system
- Conduct a risk assessment/safety survey of area prior to swimming
- Identify and pay particular attention to non-swimmers & limited swimmers
- Prebrief all participants on water safety
- Learn basic life saving and CPR techniques
- Swim sober



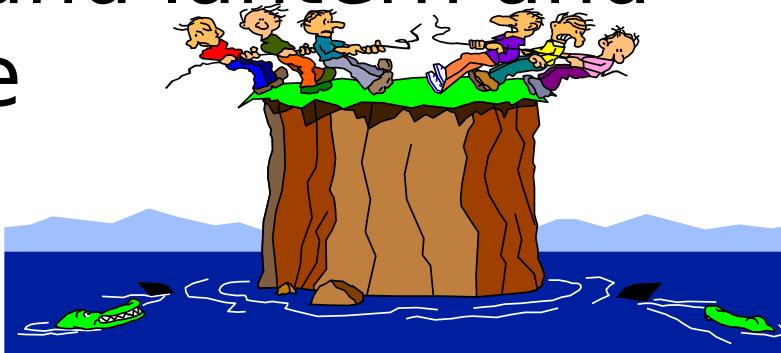
PERSONAL FLOTATION DEVICES

- Personal Flotation Devices (PFD) must-wear situations:
 - Water skiing
 - Riding personal watercraft
 - Children under age 12 in boats
- Boats under 16' must carry a wearable PFD for each occupant
- Boats 16' and over must carry a wearable PFD for each occupant and a throwable life preserver



FISHING SAFETY

- Obtain weather info before departing
- Exercise caution around lantern and stove fuel and gasoline
- Never fish alone
- Ensure everyone wears a life preserver if in a boat
- Take cover if there is a threat of lightning



FTX SAFETY

- Conduct a pre-FTX risk assessment
- Develop and apply SOPs for vehicle movement, fire prevention, heaters, commo, and environmental conditions
- Conduct pre-FTX safety briefings for cadre and students
- Use only Type 1 (solid fuel) heaters - post fire watches
- Permit only trained/licensed people to operate equipment

HAZARD COMMUNICATION

(HAZCOM)

By law, all workers have the right to know about the chemical hazardous materials they use in the work place

Supervisors must:

- Have a SOP covering HAZCOM use and hazards
- Maintain and post a hazardous materials inventory (name, manufacturer and use point) of storage area
- Maintain material safety data sheet (MSDS) on HAZCOM for all to use
- Conduct and document HAZCOM use training
- Assure all chemical materials are labeled

START HOT WEATHER

SUPERVISION NOW

- Train cadre personnel on the prevention and treatment of hot weather related injuries
- Ensure personnel carry Heat Injury Prevention Cards and adhere to guidelines for heat mitigation
- Train soldiers to assess the upcoming hazards and implement mitigating actions into the training
- Emphasize the seriousness of heat related injuries



PREVENTING HEAT INJURY

-- A SIMPLE QUIZ FOR THE EXPERTS

1. T or F Acclimatization is the process whereby the body becomes efficient at producing large volumes of sweat and an increase in blood volume.
2. T or F If acclimated and physically fit, slight dehydration will not impair the body's ability to regulate its temperature.
3. T or F Once acclimated to high heat and humidity soldiers will not lose their acclimatization until the end of the season.
4. T or F At water breaks soldiers should drink more water than is necessary to satisfy their thirst.
5. T or F The body is stimulated to feel thirst just before it starts to become dehydrated.

HEAT INJURY PREVENTION

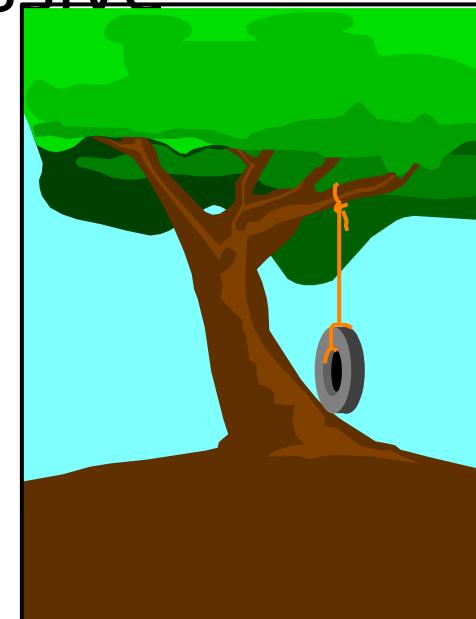
- **Hydrate** - Take in fluids prior to and during exercise
- **Acclimate** - Gradually build up tolerance for physical activity in warmer weather
- **Stay fit** - Do not over estimate your fitness level. Persons with higher levels of fitness are more tolerant of heat than those with a lower level.
- **Recognize medical conditions** - High blood pressure, asthma, diabetes, fever, etc. and certain medications can affect a person's abilities.
- **Dress cool** - Wear light-weight clothing to let perspiration evaporate



HEAT INJURY TREATMENT

HEAT CRAMPS:

- **SYMPTOMS:** Cramps and excessive sweating
- **TREATMENT:** Move into shade
Loosen clothing
Slowly drink water



END-OF-SUMMER HEAT INJURIES

- Heat injuries can occur in late summer and early fall
- Hydration is critically important
 - Make hydration a 24-hour-a-day consideration
 - Make hydration a soldier's personal responsibility
 - Provide continuing supervision
- Remind soldiers that heat always reduces physical capabilities even with the most physically fit
- Pay special attention to recently sick soldiers, those using medications, and those with prior heat problems
- Apply preventive measures - know heat injury signs
- Promptly evacuate known and suspected heat injury cases for medical treatment

HEAT INJURY TREATMENT

HEAT STROKE:

- **SYMPTOMS:** Hot, dry skin; stopped sweating; headache; dizziness; stomach pains; and nausea. Severe cases may seizures, loose consciousness and/or have problems breathing
- **TREATMENT:** Immediate medical attention, move into shade, drink water, elevate feet, cool body by pouring water on patient and fanning

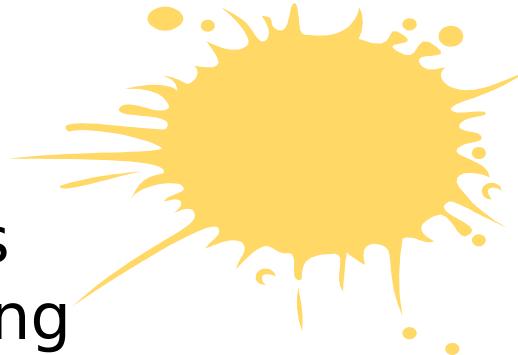
HEAT INJURIES REVISITED

- Supervisors/Instructors:

- Learn to recognize symptoms
- Ensure personnel are hydrating
- Be on the lookout for personnel who push their limits

- Subordinates/Students:

- Stay fit and do not overestimate your abilities
- Watch other personnel for signs of overexertion
- Drink plenty of water
- Rest when you first begin to feel the effects of exhaustion



HEAT INJURY TREATMENT

HEAT EXHAUSTION:

- **SYMPTOMS:** Cramps; profuse sweating; cool, moist skin; headaches, nausea, chills; and loss of appetite
- **TREATMENT:** Immediate medical attention, move into shade, drink water, elevate feet, cool body by pouring water on patient and fanning

INDUSTRIAL SAFETY CONSIDERATIONS

- Conduct pre-work risk assessment - manage risks
- Conduct safety briefings and equipment training
- Prevent unauthorized personnel from entering the work area
- Permit only properly trained personnel to operate tools and equipment
- Perform a pre-use safety inspection of all tools and equipment
- Conduct pre-work safety inspection of personnel
 - Loose clothing, jewelry, long hair
 - Hearing, eye and respiration protection
- Remain alert to storms, lightning and adverse weather conditions
- Observe warnings on use of hazardous chemicals and

LADDER SAFETY

(before climbing)

- Inspect ladder before using. Don't use damaged ladder
- Use fiberglass ladders when working near electricity
- On stepladders, firmly lock both spreaders
- On extension ladders, ensure locks are fully engaged.
- Ensure all ladder feet are on firm non-slippery surfaces
- Place extension ladder top so both rails are fully supported
- On extension ladders, use a base setback of 1 Ft. for every 4 Ft. of length to the upper support point

LAWN MOWER SAFETY

- Read the owner's manual before operating the equipment
- Wear long pants, sturdy shoes, safety glasses, hearing protection, and gloves
- **Keep children and pets away from mowing area. Never let children operate mowing equipment. Never let children ride on mowers**
- Clear mowing area before you start
- Keep hands and feet from moving parts. Never remove or tamper with safety devices or labels
- Turn engine off and disconnect spark plug wire before working on the mower
- Never refuel the engine when it's hot. Store gas in approved

LINE TRIMMER & EDGER

- **KNOW HOW TO OPERATE THE EQUIPMENT -**
Read owner's manual. Know where the controls are and what they do.
- **DRESS PROPERLY-** Wear long pants, sturdy shoes, safety glasses, and hearing protection.
- **KEEP CHILDREN AND PETS AWAY FROM TRIMMING AREA** (**a little girl was killed when a piece of the string went through her temple and into her brain**)
- **WATCH FOR FLYING DEBRIS** - high rpms can hurl rocks and other debris like uncontrolled missiles. Be aware of your surroundings.

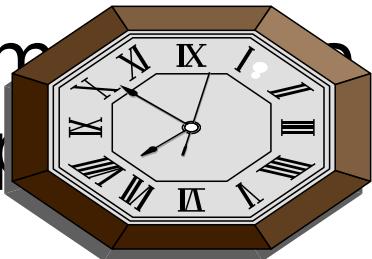
MOWING SAFETY

- Know how to operate equipment - Read owner's manual. Know where controls are and what they do
- Dress properly - Wear long pants, sturdy shoes, and safety lasses
- Handle gas carefully - Fill up while engine is cold. Don't spill when you fill. Store gas in approved container in cool ventilated area. Never smoke around gasoline
- Clear area before you start - Pick up rocks, twigs, cans hoses, anything that can be thrown by mowing equipment
- Keep children and pets away from mowing area - Never allow children to operate a mower. Never carry children on mowers
- Follow recommended procedures - Always turn off engine and disconnect spark plug before unclogging or working on equipment
- Keep hands and feet from moving parts - Never remove or tamper with safety devices or labels. They are for your protection

OFF-DUTY SAFETY

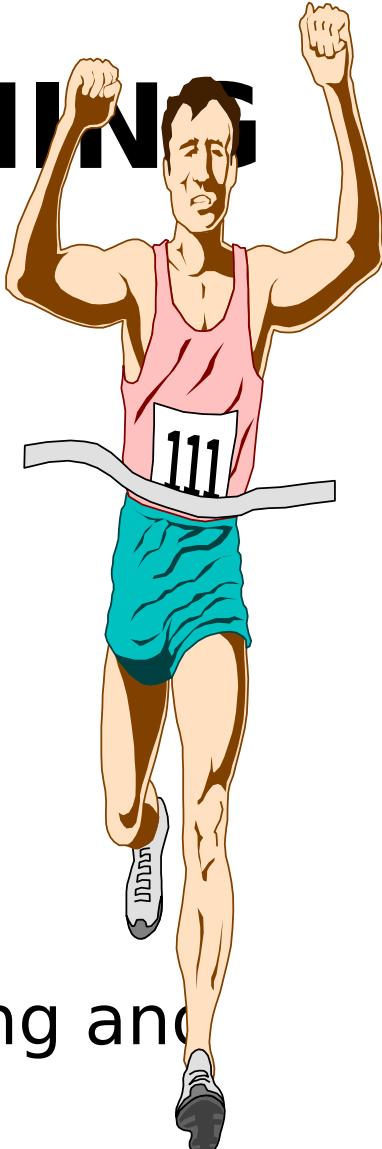
- Safety can not be just a workday concern
- More than 50% of disabling injuries happen off the job
- During 1995 off-duty accidents resulted in:
 - * 876 injuries
 - * 11,753 lost days
 - * 131 deaths

- Safety must be a way of life with around-the-clock emphasis.



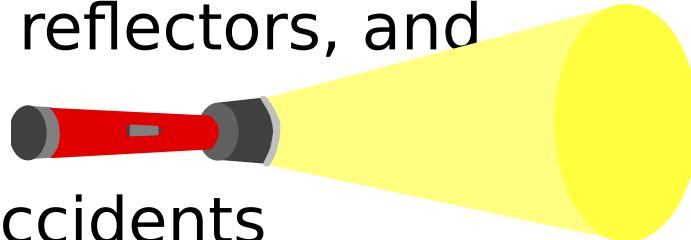
INDIVIDUAL RUNNING SAFETY

- Run facing traffic
- Avoid heavily traveled roads
- Do not use headphones or earphones
- Run single file
- Wear reflective and bright/light clothing and shoes
- Stop and look both ways before crossing all roads



REDUCED VISIBILITY PEDESTRIAN SAFETY

- Walk facing traffic - be attentive to traffic
- Wear light colored clothing, use reflectors, and carry a flashlight
- Be prepared to move to avoid accidents
- Remember driver vision is greatly reduced by darkness
- Frequently warn children about safety hazards and responses



CHAIN SAW ACCIDENTS

- 63,000 persons are treated annually for chain saw accidents
- Each year 18 - 20 deaths are caused by chain saws
- The most serious accidents are associated with kickback (the chain - usually the nose - snags on an object and causes the saw to kick back on the operator)
- Buy saws with antikickback features (nose guard, low kickback chain, low kickback bar design, hand guard, chain break, etc.)
- **Read the owners manual thoroughly and comply with its instructions &**



CHILD SAFETY

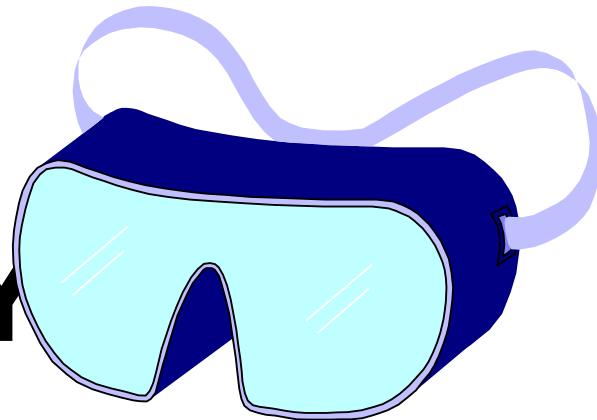
- Many children drown inside the home
- The bathtub is the main cause:
 - Parents leave the room to answer the door
 - Parents leave room to answer the phone
 - Parents leave room for any reason
- Another cause is a pail of cleaning water:
 - Child falls in while parent is not paying attention
 - many children die not of drowning but from chemical pneumonia caused by cleaning solvents in the water



AEROSOL CAN SAFETY

- Dispose of aerosol cans in the appropriate manner
- If propellant or contents are flammable there can be an explosion when the can ruptures
- If contents are not flammable the can may still produce lethal shrapnel if it ruptures
- Do not expose cans to excessive heat, flame or force (puncture or mash).

EYE SAFETY



- Eye injuries are usually not repairable
- Checklist for eye safety:
 - Is eye protection conveniently available
 - Is it suitable for the work being performed
 - Do personnel use suitable eye protection
 - Is eye protection clean & in good repair
 - Are eye protection limitations acknowledged

SPORTS INJURY PREVENTION



- Use proper stretching and warm up
- Be physically fit and conditioned for the sport
- Always use appropriate, high quality game and personal protective equipment
- Participate with athletes at your skill level
- Inspect area, identify and correct safety hazards prior to participating
- Briefly review safety hazards and accident prevention techniques before participating

BACKPACKING SAFETY

- Great for physical fitness and exercise
- Requires pre-planning
- Use official maps
- Time available & destination should be in concert
- Take appropriate clothes. Weather can change significantly from day to night
- Pack emergency equipment: Extra water, food, compass, matches & knife.
- Leave an itinerary with a friend or relative



SPRING SAFETY

- **Cleanup:**

- **Inside quarters:**

- Painting/wall papering
 - discarding unwanted items
 - Repairing

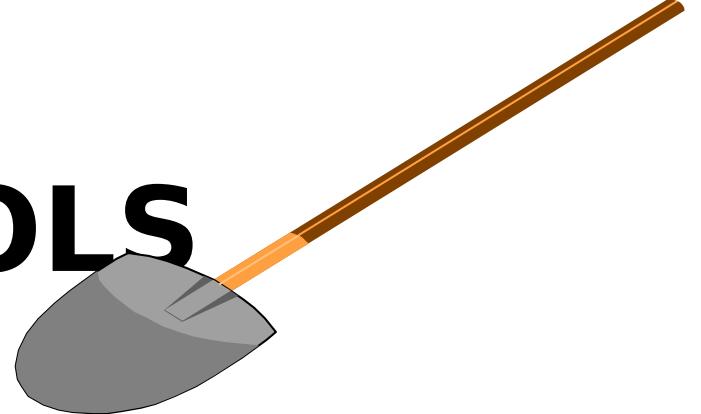


- **Outside:**

- Repairing
 - Painting/staining
 - Pruning
 - Washing
 - Gardening



YARD TOOLS



- **Shovels, hoes, forks, rakes, axes, pruners, shears, clippers, etc.:**

- Check handles and replace if cracked, split, or broken
- Inspect metal parts for rust, stress cracks, or excessive wear and discard tool if condition presents unsafe operation
- Check cutting tools for loose parts and replace as needed. Insure they are kept sharp and free of rust

- **Power gardening tools:**

- Ensure blades or tines are sharp and not broken or twisted
- Ensure all guards are in place, in good repair, and working properly
- Check all chains, belts, and shafts for signs of wear and replace if worn excessively



LADDER SAFETY

(while you're climbing)

- Don't stand above the highest standing level
 - Stepladder - second step from top
 - Extension ladder - forth rung from top
- Don't exceed duty rating
- Keep weight centered on ladder.
- Don't reach more than one arm's length, and hold the ladder with one hand while working with the other
- Haul materials up on a line rather than carrying them up
- Climb facing the ladder and always move one step at a time

PAINTING & STAINING SAFETY

- Use latex based paint and stain if possible
- Be sure painted area is well ventilated until completely dry
- Keep all oil based paint and stain away from heat and open flame
- Store paint, cleaners, and solvents outside of quarters in a fire proof housing



Keep all painting materials out of the reach of children

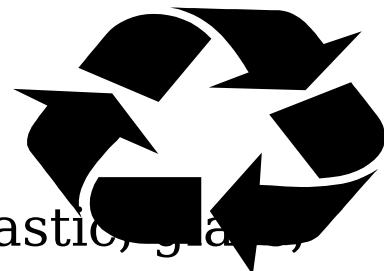


SUICIDE

- **Typical victim:**
 - White male, Specialist, SGT, or SSG
 - Recent relationship problems
 - Possible financial and/or alcohol problems
- **Warning signs:**
 - Social isolation
 - Substance abuse
 - Family history
 - Chronic or terminal illness
 - Anxiety
 - Hopelessness
 - Prior attempts
- **PREVENTION:**
 - Positive leadership through chain of command
 - Genuine concern for subordinates
 - Effective listening
 - Use chaplains and support groups

UNWANTED MATERIALS

- Remove all unwanted/unusable material from quarters, garage, and storage areas
- Dispose of trash appropriately
 - Recycle appropriate materials:** aluminum, plastic, glass, etc.
 - Check with local authorities on the disposal of hazardous substances: paint, solvents, cleaners, insecticides, batteries, etc.
- When throwing trash away remember the physical hazards (children like to explore)
 - Sharp objects
 - Large containers with unlockable doors
 - Keep height of trash pile low enough that children and pedestrians can be seen from the

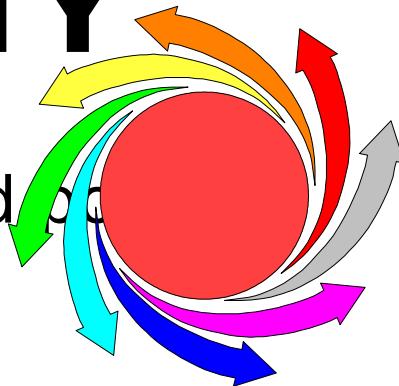


SAFETY THOUGHTS

- Motor vehicle accidents are the leading cause of injury and death for all individuals up to age 77
- Other causes (in order) - Falls, poisoning, fire & burns, and drowning
- **Safety belts reduce fatalities by 45%**
- Safety belts and air bags reduce fatalities by 68%
- 25% of all fatalities are in the 15 - 24 age

TORNADO SAFETY

- * Identify safe areas for all classrooms and post information on bulletin boards
- * Identify safe areas for all administrative areas and publish the information
- * Review telephone notification and other emergency procedures
- * Brief personnel on actions to take to protect themselves from tornados
- * Maintain increased vigilance during threatening weather



AIRPORT TRAVEL SAFETY

- Keep composed; avoid flustered behavior
- Walk with confidence. Rushing or looking anxious make you conspicuous and a prime target for pickpockets
- Stay alert; beware of people around you.
- Refrain from wearing jewelry when in transit
- Keep close watch on personal property, especially when going through security
- Safeguard calling-card and PIN numbers when using services
- Guard your passport. It's a number one item on the bad guy's list.



EARTHQUAKE SAFETY

- Seek cover in supported door archway, against inside wall or under heavy table.
- Stay away from glass or potential falling objects.
- Cover head & face.
- If outside: avoid buildings, power lines & trees.
- If driving: stay inside car, pull to side of road away from tall buildings, power lines, bridges & overpasses

EARTHQUAKE SAFETY

- Check for gas leaks. If found turn off gas.
- Inspect electrical system - turn off electricity at main entry.
- Use telephone for emergencies only.
- Assume water is contaminated.
- Don't use plumbing until told it's OK.
- Plug drains to avoid sewer backup.
- Cleanup hazardous materials / conditions.
- Be prepared for aftershocks.

SPIDER BITE

- **Prevention:**

- Avoid Habitat: Dark, dry, undisturbed, sheltered areas
- Wear protective clothing

- **If bitten:**

- Immediately evacuate victim to medical facility
- Make victim comfortable - counter shock
- Do not attempt other first aid
- Carefully kill and transport spider to medical facility



“FALLS” SAFETY (cont’)

- Haste is a main contributor to falls
- Use proper foot wear and restraining devices to decrease the probability falls injuries
- If a fall occurs, relax as much as possible, cushion your fall with your arms and legs & roll in the direction of the fall



CLEAN-UP FIX-UP CONSIDERATIONS

- Plan ahead - take your time - haste still makes waste
- Be alert for slips, trips, and falls
- Use appropriate clothing, shoes, and gloves
- Use proper hearing, eye, and breathing protection
- Carefully inspect all tools & equipment before use
- Read and follow instructions on paints, solvents, glue, and other chemicals and materials
- Inspect ladders before use - position ladders correctly
- Dispose of all waste properly, safely, and correctly
- Use a buddy system if possible



FORMATION RUNNING

- IOWA AVENUE IS AVAILABLE FOR TROOP FORMATION RUNNING MON - SAT 0430 TO 0645 HRS.
- DURING HOURS OF MINIMUM VISABILITY ROAD GUARD PERSONNEL WILL WEAR REFLECTIVE VEST AND CARRY FLASHLIGHTS.
- DO NOT STOP IN THE MIDDLE OF THE ROAD TO DO EXERCISES OR STRECHING.
- FORMATIONS WILL NOT RUN IN HOUSING AREAS.
- *FOR ADDITIONAL INFORMATION CONCERNING TROOP FORMATIONS SEE **FLW REG 385-4***

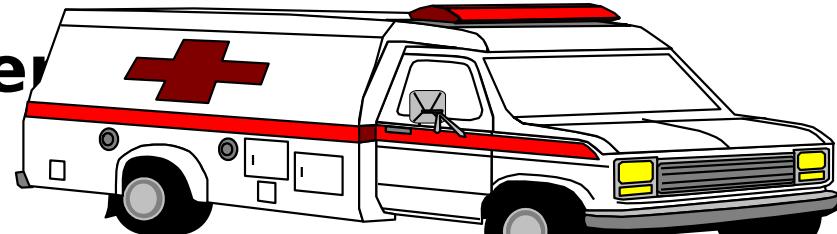
SUMMER DRIVING HAZARDS

- **Sudden heavy rain** (usually in late afternoon or evening)
- **Flash flooding** (covers roadways and lane markers)
- **Road construction sites** (45 MPH speed limit, uneven pavement, lanes not marked well, equipment on road)
- **Reduced visibility** (sun glare, dirty windows and poor wipers)
- **Fatigued and impaired drivers** (longer driving time, tired from activities, sun shining in eyes, trying to cram too much into one day)

LABOR DAY WEEKEND SAFETY

MAIN THREAT: POV Accidents

CONTRIBUTING FACTORS:



- Speed excessive for road and weather conditions
- Invincible “Ironman-Ironwoman” attitude
- Inadequate sleep and rest breaks
- Alcohol

COUNTERACTIONS:

- Meaningful safety briefings
- Soldier feedback and involvement
- Vehicle inspections



REDUCED VISIBILITY VEHICLE OPERATIONS

- Keep windows clean at all times
- Keep lights, windshield wipers, tires, brakes and defroster 100 percent operational
- On trips schedule more frequent rest stops and driver changes
- Reduce speed to adjust for road, weather and traffic conditions
- Pay more attention to your driving - reduce distractions
- Use front seat passenger to help you scan the road for hazards
- Carry a flashlight and reflective equipment for emergencies

DRIVING AT NIGHT



ITS A FACT...

...traffic death rates are 3 times greater at night

...depth perception is greatly reduced after sundown

...ability to judge speed & distance are reduced at night

...twilight is one of the most difficult times to drive

SAFETY TIPS FOR NIGHT DRIVING

- Don't overdrive headlights - look beyond headlights
- Clean lights & windows (inside & outside) weekly
- Reduce speed and increase following distances
- Turn lights on to allow others to see you
- Stop for light refreshments & exercise - if too tired rest

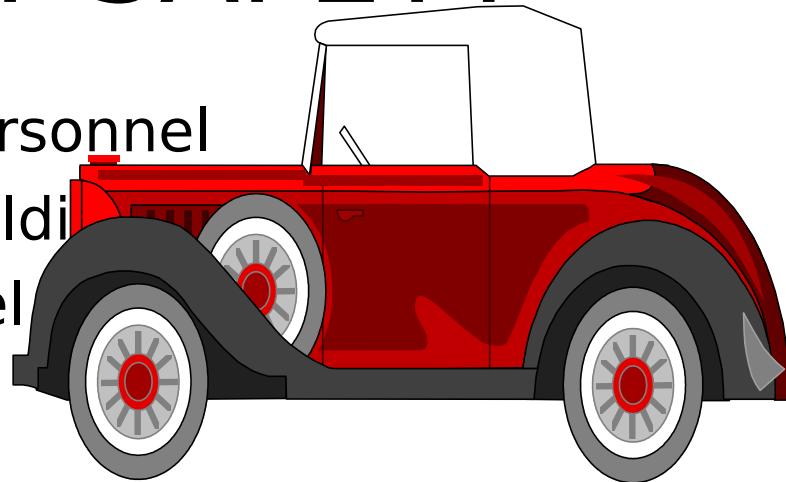
POV HOLIDAY SAFETY

Target audience: - All Personnel

- “Indestructible” Soldiers
- High Risk Personnel

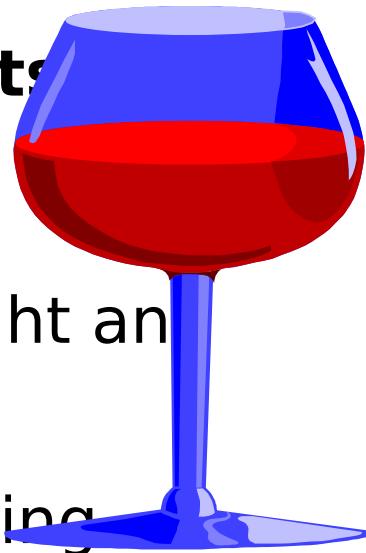
Messages:

- Long distance POV travel poses special threats
- Keep daily driving distances realistic
- Plan rest breaks every two hours & take them
- Depart early to preclude nighttime driving
- Assure adequate rest before departure
- Pre-inspect vehicles, emphasize tires, brakes, & visibility
- Adjust speed for road & weather conditions
- Avoid alcohol and impairing medications



PROTECTING YOURSELF AGAINST DRUNK

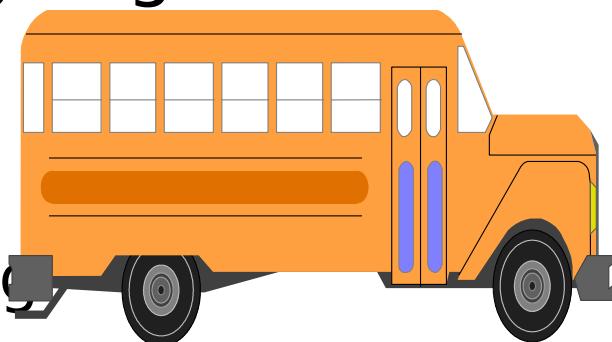
- Use seat belts and ~~DRUNK~~ restraint seats
- Drive defensively
- Be more alert/cautious while driving at night and on weekends
- **Don't** ride with driver who has been drinking
- Use designated driver system
- **Avoid** vehicles being operated erratically - report them
- **Don't drink and drive**



CHILDREN'S RESPONSIBILITY

Educate your children on how to avoid being involved in a car accident while going to and coming from school

- Walk on sidewalks when available
- Wear reflective material on clothing
- Enter and exit transportation on curb side
- Stay out of street and avoid horseplay
- When walking around the bus, walk far enough away so you can see the driver at all times



SCHOOL TIME DRIVING

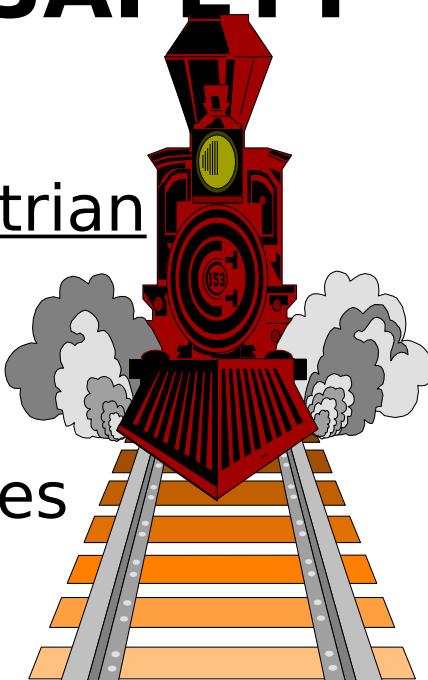
In fall and winter months children are going to and returning from school in twilight and darkness

- Observe school zone speed limits
- Watch for children playing on the road side. probably are not watching out for themselves
- Always assume a child will step in front of your vehicle and drive accordingly
- Watch for stragglers boarding and exiting busses
- If possible, take alternate routes around schools and bus stops



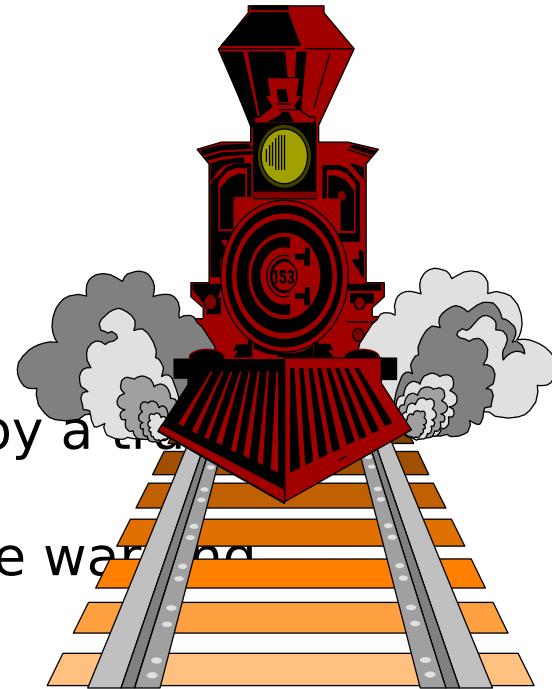
RAILROAD CROSSING SAFETY

- Treat all RR crossings as a special pedestrian vehicular hazard
- Quickly assess RR crossings before use
- Never drive or walk around lowered gates
- Never race a train to a crossing
- Always watch for a second train on multiple tracks
- Increase night awareness at unguarded crossings
- Immediately evacuate vehicles stalled on the tracks
- It's still **STOP, LOOK & LISTEN** at unguarded crossings

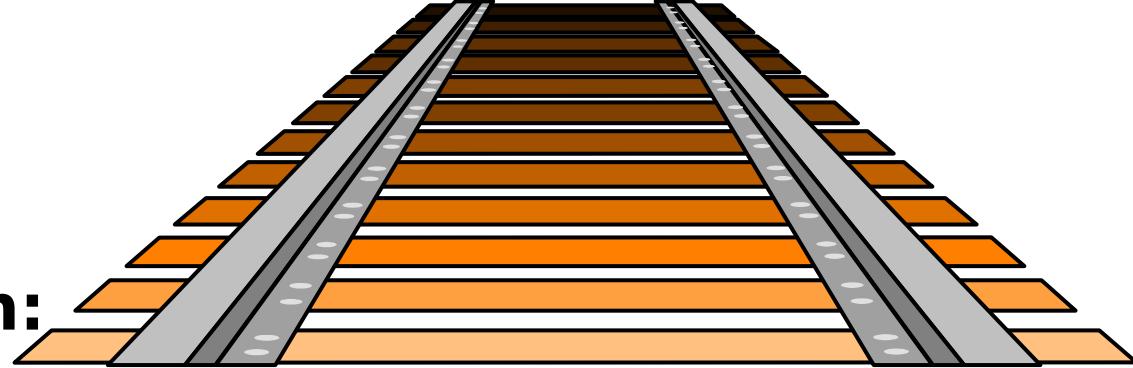


RR CROSSING FACTS: SAFETY

- In 1996: 488 people were killed
1,610 people were seriously injured
- Every 90 Min. a pedestrian or vehicle is struck by a train
- 70% of all vehicle-train accidents occur at active warning device crossings
- More people die in vehicle-train crashes each year than in commercial airline crashes
- At 50 MPH a 150 car train takes 1 1/2 miles to make an emergency stop



• **Accident Mitigation:**



- Never drive around lowered gates. It's illegal and dangerous
- Never race trains to crossings
- Don't get trapped on crossings. Proceed only if you are sure you can cross and clear the entire track
- Watch out for a second train when crossing multiple tracks
- If you stall on a track, evacuate the vehicle immediately. Post spotters and push the vehicle clear if no train is visible
- Never overdrive your headlights. 25% of the accidents involve a motor vehicle being driven into a train

RAINSTORM DRIVING

- Maintain vehicle lights, windows, windshield wipers, and tires in top operating condition
- Turn on lights with windshield wipers
- Reduce speed - increase alertness
- Anticipate hydroplaning
- Increase alertness for road damage and other hazards
- Make only essential trips with essential travelers
- Avoid nighttime travel if possible
- Avoid flooded areas and fast-moving water

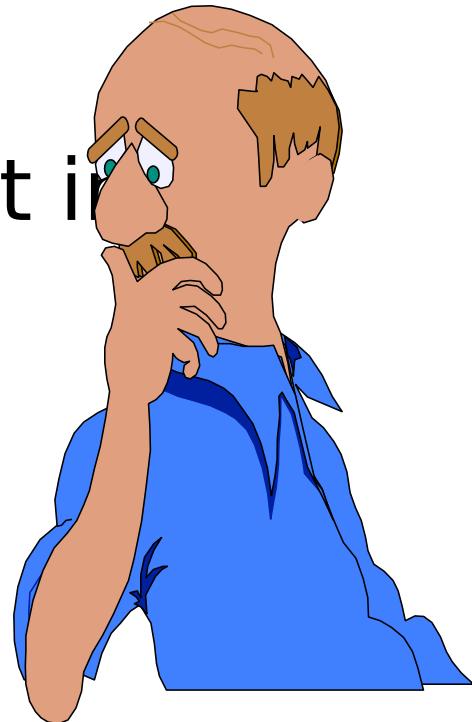




HOLIDAY SAFETY

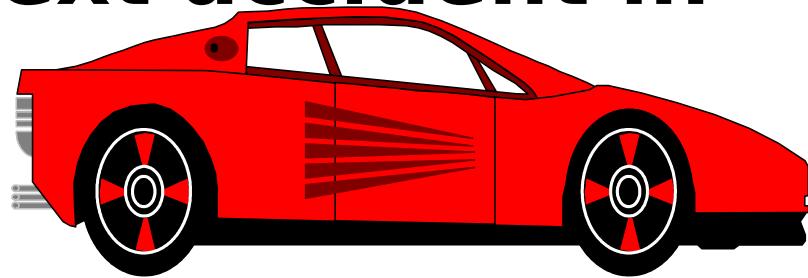
QUESTIONS TO ASK YOURSELF

- What will be the next accident in organization?
- Who will it likely involve?
- What should I be doing to prevent it?



What will be the next accident in my organization?

-A POV accident



Who will it likely involve?

-A young junior soldier

- Who overestimates his abilities
- Who fails to recognize hazards and/or implement controls

-Fatigued, inattentive and/or impaired driver

-A person driving too fast for adverse road, traffic or weather conditions

WHAT SHOULD I BE DOING TO PREVENT

- Conduct preholiday safety briefing with a perspective you are saving lives - not meeting a "command requirement"
- Maintain high and continuing safety awareness in your organization
- Promote safety as an attitude -- a way of life - set the example
- Encourage all members of the chain of command to maintain active safety programs

POV ACCIDENT PREVENTION

TIPS

- Take rest breaks every two hours
- Start trips early in the day
- Allow sufficient travel time
- Start trip rested
- Avoid alcohol
- Drive defensively
- Avoid medications that cause drowsiness
- Avoid traveling during darkness, if at all possible
- Adjust speed for road, traffic, and weather conditions
- Leave home with a road worthy vehicle



**REMEMBER YOU CAN EXPECT TO BE INVOLVED IN AN
AUTOMOBILE ACCIDENT ONCE EVERY 10 YEARS**

CSM/SGM
SAFETY ACTION
COUNCIL
SECOND QUARTER

CSM/SGM

**SAFETY ACTION
COUNCIL**

THIRD QUARTER

CSM/SGM
SAFETY ACTION
COUNCIL

FORTH QUARTER